"Yes," said the housewife; "yours is a sad story. But it isn't the same story you told last year." "Well, lady," answered Plodding Pete, "you surely wouldn't expect a man to go all dat time an' not show any improvement!"-Washington Star.

Wanted to Call Soup Coffee. General Fred Grant shows in a little story how a willing but prejudiced witness may confound himself. "Any complaints, Corporal?" said the Colonel, making one morning a personal Inspection. "Yes, sir. Taste that, sir," said the Corporal, promptly. The Colonel put the liquid to his lips. "Why," he said, "that's the best soup I ever tasted!" "Yes, sir," said the Corporal, "and the cook wants to call It coffee."-Argonaut.

An interview with the Kaiser has been suppressed. "Good," said the yellow correspondents. "Fine! Now we can put anything we want into that interview." Immediately they all got busy.-Philadelphia Ledger.

KANSAS CITY THEATRES

WILLIS WOOD.

"THE VIRGINIAN."

Four Nights and Wednesday Matinee, Opening Sunday, JaJnuary 17.

The wonderful popularity of "The Virginian" as a book, the exceptional success of the play and the admirable portrayal of the name part by W. S. Hart, will make the coming engagement at the Willis Wood Theatre an event of more than pleasing interest. The part of the Virginian, as played by W. S. Hart, is known to be a dramatig gem. Frank Campeau will continue in the role of Trampas.

"CUPID AND THE DOLLAR." Three Nights, Starting Thursday, Jan. 21, Matinee Saturday.

In "Cupid and the Dollar." the auwith plenty of heart interest. In the American miner, Mr. Murphy has an opportunity of portraying another of which he is noted. Like his other successful roles, this is one of blended sweetness and strength, well calculated to employ Mr. Murphy's peculiar talents as a comedian

THE 29TH DAY OF DECEMBER, 1908.

Reported by Arthur C. Brown, Solicitor of patents, 691-602 Shukert Bldg., Kansas City, Mo. Book on patents furnished

Missouri. D. L. Cole, Salem, Mo., match-box, No. 908075; J. J. DeSpain, St. Joseph, Mo., sweeping machine, No. 907755; W. R. Green, Kansas City, Mo., bandage, No. 907784; W. R. Green, Kansas City, Mo., bandage, No. 907785; T. H. Hendrickson, bandage, No. 907785; T. H. Hendrickson, Lee's Summit Mo. roost No. 908281. J J. Hee's Summit, Mo., roost, No. 908261; J. T. Hope, Kansas City, Mo., cleaning and dust collecting apparatus, No. 908409; A. D. Hulbert, Wheeling, Mo., windiass, No. 907803; S. F. Palmer, Springfield, Mo., stove, No. 907867; S. D. Shriver and L. D. Wall, King City, Mo., shipping crate, No. 908159.

Kansas.

E. H. Ballou, Dodge City, Kans., artificial tooth, No. 907849; J. B., C. J. and S. B. Gray, Ottawa, Kans., load-controlled brake, No. 908246; E. L. Heintz, Coffey-ville, Kans., glass machine and process, No. 908259; D. MacVicar and C. A. Magaw, Topeka, Kans., automatic window closing device, No. 908020; G. A. Robinson, Bonner Springs, Kans., switch-frog, No. 908037; J. M. Schmitt, Kinsley, Kans., horse detacher, No. 907895; A. T. Stetna, Wheaton, Kans., rail-frog, No. 908349; W. W. Tobev, assignor of one-half to L. C. Beatty, Iola, Kans., seal, No. 908429. Kansas.

Qklahoma.

A. Shoopman, Duke, Okla., folding carstep attachment, No. 998943; H. Riesland, Selling, Okla., drenching device, No. 997-886; W. H. Holtby, Martha, Okla., cracked boll cotton cleaner, No. 907892; S. Dougan, Parmer Okla., paultry, trough, No. 908-Pawnee, Okla., poultry frough, No. 908-217; G. W. Casteel, Wagoner, Okla., ad-justable shoe display rack, No. 908392; E. P. Ridges, Wewoka, Okla., window screen hanger, No. 907728.

"Ef that thar trolley company was to blame for the accident, why don't Si's widder sue fer damages?" "Wa'al ye see, Si was so well known that the jary would likely decide that she was indebted to the company."-Judge.

"Not a cent. Get along with you, or I'll call the police. "Gee!" ejeculated the mendicant, "dat must be one o' dem vicious rich. I've read about 'em."-Philadelphia Public Ledger.

Kansas City Directory.

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DIET AND

By DR. J. T. ALLEN

Author of "Eating for a Purpose," "The New Gospel of Health."

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INFANT FEEDING.

The effects of wrong feeding in adult life, including those of alcoholism and other forms of intemperance, are undoubtedly hereditary whether the habits of alcoholism, tobacco and unnatural eating are transmissible or not. We know that the vitality of the infant is determined by the vitality of the parents-though not altogether by the average vitality-and the powers of nutrition are the fundamental powers transmitted to offspring.

We may not always be able to trace family history in eyes and lungs, but we can always find it in stomach and liver and intestines.

The food of the young dog, horse, cow, ape and human, in common with all other mammalia, is milk. The natural food of the mature dog is flesh; that of the others is vegetable. The digestive systems of the ape and man resemble, slightly, that of the dog; not, I think, as some argue, because their natural food is largely flesh, but because nuts closely resemble flesh, chemically. The gorilla has "canine" teeth, but it is a strict vegetarian. The boar's "canine" teeth are his means of defense.

Albumen, the chief constituent of flesh, is digested chiefly in the stomach by the action of the gastric fluid. Accordingly, the intestine of the dog thor, Charles Jeffrey, has constructed is short in proportion, the stomach bea play that is wholesome and strong, ing 60 per cent. of the entire digestive tract. The cow's stomach is very comrole of David Stratton, a wealthy plicated; she has, in fact, four stomachs. This is because her natural ood requires much dilution with sathose delightful characterizations for liva and rumination before it can be assed on to the intestine, not that proteid is the chief element of the cow's food, as in the dog.

Now the stomach of the cow plays a much more important part, relatively to the intestinal digestion, than in PATENTS WHICH WERE ISSUED ON man. Cow's milk is, chemically and mechanically, adapted to this physiological difference. It does not as soon break up into small curds, and is, therefore, retained longer in the calf's stomach. This peculiarity partly exadapt it to infant feeding.

We know that the health of the influenced by those of the mother, adaptation of cow's milk to infant ly or entirely, we must make the most fundamental.

milk is used, that no preservative is ditions are favorable for disease. used, that the bottles and other vessels with which it comes in contact water and they develop very rapidly. The feeding bottle should be thorough- cereal in them is malted.

Explanation the Woman New to the

Country Didn't Quite Believe.

The woman was new to the country

and her host took great pains to ex-

plain to her whatever she didn't under-

stand about the farm. He had little

regard for the truth, this farmer, he

delighted to test her gullibility to

The cows seemed to interest her

more than any other domestic animal.

One of the cows had lost 'her tail

somehow and this fact led the woman

"That's the sour milk cow," the

farmer explained with a straight face.

We always cut the tail off one cow

in the herd so as to get sour milk

isted. "You see when the cow's fail

is gone the sun shines continually on deligent papa.

The woman looked her doubt "It's perfectly true," the farmer in-

the utmost.

to ask why it was.

fresh every day."

ly washed in boiling water after and before using. It is best to have two, the one not in use kept immersed in a solution of common baking soda.

Cow's milk can not be made identical with the infant's natural food; but it can be approximated to it. The chief difficulty to be overcome is to modify the large curds of cow's milk that tend to remain in the stomach longer than they should, as the development of the calf's stomach requires that its food shall have a much infant, in which intestinal digestion tablets, as explained in my last article, entirely obviates this difficulty both should be continued. besides overcoming other objections to the use of cow's milk.

To reduce the proportion of the elethe standard of human milk, pour off about half of the fat that settles to the top of the bottle; add as much watablespoonful of sugar. Milk sugar is to be preferred to cane sugar, always tle lime water is, in many cases, beneficial.

As a rule infants, like adults, are overfed. No doubt one of the reasons for the greater endurance and freedom from disease of wild animals ferred, prunes only. Give water as is the fact that the young are less likely to be overfed, as every naturalist knows. An infant probably would starve in one-tenth the time that an adult can subsist without food, but eating too often and too much becomes a habit with the infant as with the adult. An infant may cry for food when it is food drunk; what it may need is water. And children cry for other reasons than because they are or too much clothing in warm weather. hungry. Stopping an infant's cry continually with food is easy but unwise.

Nature provides an extremely light diet for the first few days of infancy. Let us not supersede her method till we know better.

Once every two hours is often enough for the first month and every third hour thereafter. If there is a real demand between the periods, sweetened water should be given (distilled or boiled water and milk sugar). Constant overfeeding causes an abnormal appetite, as in the adult, that is never satisfied.

No definite rule can be laid down as to the amount required. The best that has been suggested is, an ounce for each month, beginning with two ounces, increasing to eight ounces at eight months, after which full milk will be used. Moderate, judicious exercise now becomes important. A child needs exercise before it can walk. The freer its opportunities for movement the better.

The infant digestive system is not adapted to cereal food, always a cause of more or less digestive difficulty and expenditure of vitality, even in the plains the difficulty of digesting cow's adult. Under no circumstances should milk and should be considered in any white bread, moistened with tea, cofattempt to modify cow's milk so as to fee, milk or gravy be given to an infant.

fant, its nervous moods, its physical market, composed of cereals or of health and temper in general, are in- cereals with milk, malted. In cases of milk poisoning, or of serious digestive through the food. This alone would in- disorder resulting from unbalanced dicate the impossibility of perfect feeding, due to the inadaptability of cow's milk, something must be subfeeding. At best it is unnatural, but stituted for the milk, but it does not as it is in many cases necessary, part- follow that because a child improves on the substitution of one of these of it. An imperfectly nourished child prepared cereals it is better is more liable to diseases of child- as a permanent diet. It is also well hood and survives with greater dif- to keep in mind that a child is not ficulty. Food is not, of course, the healthy merely because it is fat. It only requirement for health, but it is may be failing to develop the digestive system normally. It may become In cases in which cow's milk must so "flabby" that it will fall a prey he used, care should be taken to see to disease when the fatty degenerathat the cow is healthy, unless herd tion has reached its limit and the con-

The common practice, when cow's milk disagrees, is to adapt the milk are washed well with boiling water, by mixing it with oatmeal or barley never with river or cistern water, that water. This cereal tends to break up it is not unnecessarily exposed to dust the coarse curd of cow's milk, but it or barnyard contamination, for milk is in itself unsuitable, though the absorbs bacteria as a sponge absorbs remedy is better than the disease; the prepared foods are better as the

the cow's udder and the constant heat

Tommy, the Boy Boxer.

An indulgent papa had many a jolly

scrap with his 12-year-old boy, and

grew proud of the youngster's willing-

ness to "wade in" for a boxing bout,

with or without gloves. One day he

said to his wife: "Sally, our boy must

be taught to take care of himself with

his lists. He shows an aptitude for the

manly art. I shall find a master of

the science and put Tommy through

a course of fisticuffs.' "You'd better

not; you will have trouble," said the

sage wife. Her caution was unheeded.

At 13 Tommy could hold his own with

papa; at 14 he could drive the "old

man" all over the room, and at 15 he

would put his out in three rounds, At

But the woman still doubted.

sours the milk."

MARKING THE SOUR MILK COW

Cereal foods are digested with difficulty by the adult and should not be given freely to children. Coarse bread, never less than two days old, is preferable to fine white bread which a child should never be given

At the age of one year a very small quantity of pulverized fresh peanut may be taken, at noon, in water, forming a peanut cream, and the amount very gradually increased till at two it forms half the diet. A small piece heavier curd than that required by the of zwiebach may now be added to the evening meal and very gradually inis more important. The use of lactic creased till it becomes one-half, by weight, of the evening meal, when

At three, the regular diet of childhood should be fully established. At seven in the morning a drink of waments in cow's milk to approximately ter with lemon juice and only enough sugar to make it acceptable; at eight, apple, cantaloupe, ripe banana or other fruit; nothing else, unless water is ter as the whole amount of milk and a called for. At ten as much artificial buttermilk as can be taken; at noon a slice or more of whole wheat or comobjectionable. The addition of a lit- bination cereal bread with pulverized peanut. If the child is really hungry and healthy he will eat this with good

At three give the modified milk. At six zwiebach with honey or, if pre often as called for between meals, but nothing else.

Let the solicitous parent be fully assured that this diet will develop the highest qualities of body and mind and that sickness will be avoided, if the child is properly aired, watered, exercised and amused and protected from stagnated, foul air, bad water and sudden changes of temperature

The goat is the healthiest of all animals, always free from tuberculosis. Its milk is in every respect superior to cow's as a substitute in infant feeding, and it ought to be adopted for general use, there being no reasonable objection but lack of knowledge of the facts.

It is a poor goat that will not give from one to four quarts of milk a day, and it costs no more to feed than a dog, where there is a fair-sized back

Tests show that goat's milk approximates to the natural infant's food more closely than does cow's milk. Digestive tests indicate it to be three times more digestible, the curds being much finer and the fat far more soluble.

Absolute cleanliness and freedom from disease is, however, the chief recommendation of goat's milk.

"Go to the hills and drink goat's milk," was the prescription of Hippocrates, the father of medicine, for tuberculosis. We are making the search for a cure for "the great white plague" a serious matter, as it should be, but the true cure is at least fully suggested in the method of the Greek physician.

Dr. Koch, the eminent discoverer of the tuberculosis germ, says the bovine and the human germ are not the However this may be, milk from a tuberculous animal is unwholesome; it may furnish a medium for the culture of tuberculesis. A case is on record in which a farmer, prohibited from selling the milk of an infected herd, fed it to his hogs and they were infected.

Now comparative anatomy and physiology and evolution attest that the nutritive system of the pig closely resembles man's.

It is chiefly because of the superior healthfulness, in general, of the goat, and its immunity from tuberculosis in particular, that I have advocated the substitution of goat's for cow's milk in infant feeding.

Taught First Aid to Injured.

More than 25,000 employes of the Pennsylvania railroad have been instructed in first aid to the injured at the company's expense.

Book Made of Marble. At the Strozzi palace in Rome there is a book made of marble, the leaves being of marvelous thinness.

He Wasn't a Friend.

The editor's private stenographer was pretty and it became an advertised fact around the office that reporters and others had more business during her service with the editor than under the regimes of former stenographers in that office.

One day last week the assistant city editor went into the editor's room to see the editor. Outside the window was a painter, who, in order to get in a more advantageous position, hung by his hands to the top of the window frame, and was in this position when the assistant city editor entered the room.

The assistant city editor looked up at the suspended figure and said, laughingly:

"Friend of your, Miss Blank?"

"No; he's only a hanger-on!" Important to Bachelors.

Cellbacy does not pay. A good marriage is the supreme human felicity; a tolerable marriage is as much as the tolerable majority of people, de-16 papa laid down altogether, and the tolerable majority of people de-Thomas owned the house. "I told you serve; but even a bad marriage is betso," said the mother of the boy to in- ter than no marriage at all.-Book

His Explanation,

"What does you reckon dey means by sayin': 'Last of all come Satan?'" "Hit means dat he waits 'twel all de crowd is in an' den whirls in an' nabs de whole business!"-Exchange.

Lewis' Single Binder straight 5c cigar. Made of extra quality tobacco. Y dealer or Lewis' Factory, Peoria, Ill.

Many a man thinks he is charitable because he gives advice.

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Effectually: Dispels colds and Headaches due to Constipation; Acts naturally, acts truly as

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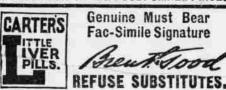


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ed Tongue, Pain in the

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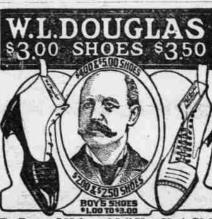
possible to secure a homestead of 160 acres free, and additional 160 acres at \$3 per acre.

"The development of the country has made marvelous strides. It is a revelation, a rec ord of conquest by settlement that is remarkable."—Extract from correspondence of a National Editor, who visited Canada in August last.

The grain crop of 1908 will net many farmers \$20.00 to \$25.00 per acre. Grain. raising, mixed farming and dairying are the principal industries. Climate is excel-lent; social conditions the best; railway advantages unequalled; schools, churches and markets close at hand. Land may also be purchased from railway and land companies.

For "Last Best West" pamphlets, maps and information as to how to secure lowest rail-way rates, apply to Superintendent of Immigration, Ottawa, Canada, or the authorized Canadian Government Agent:

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